ADB User Manual – Panasonic Toughpad FZ-M1

1. Preparing the Android Phone

- Go to Settings → About Phone
- Tap on “Build Number” 7 times until it says you are now a developer
- Go back to Settings → System → Developer Options
- Turn ON “USB Debugging”
- Connect the phone to the Toughpad using a USB cable
- On the phone, allow the debugging request when it pops up

2. Basic Connection Commands

- Check if the phone is connected and recognized adb devices
- Enter the phone’s shell (opens a terminal on the phone) adb shell
- Exit the shell (type this while inside the shell) exit

3. File Transfer Commands

- Pull (copy) everything from the phone’s main storage to the tablet adb pull /sdcard/ ~/adb/phone_sdcard/
- Pull photos and videos adb pull /sdcard/DCIM/ ~/adb/photos/
- Pull WhatsApp folder adb pull /sdcard/WhatsApp/ ~/adb/whatsapp/
- Push (send) a file from the tablet to the phone adb push ~/file.txt /sdcard/

4. Installing and Managing Apps

- Install an APK file adb install ~/Downloads/app.apk
- List all installed apps on the phone adb shell pm list packages
- Uninstall an app adb uninstall com.package.name
- Disable an app without uninstalling it adb shell pm disable-user com.package.name
- Enable a disabled app adb shell pm enable com.package.name

5. Forensics & Data Extraction Commands

- Pull contacts database (if accessible) adb pull /data/data/com.android.providers.contacts/databases/ ~/adb/contacts/
- Pull call logs and SMS database adb pull /data/data/com.android.providers.telephony/databases/ ~/adb/call_sms/
- Create a full backup of the phone adb backup -all -f ~/adb/full_backup.ab

6. Quick Reference Cheat Sheet

- Check connection: adb devices
- Pull photos: adb pull /sdcard/DCIM/ ~/adb/photos/
- Pull WhatsApp: adb pull /sdcard/WhatsApp/ ~/adb/whatsapp/
- Install APK: adb install app.apk
- List apps: adb shell pm list packages
- Uninstall app: adb uninstall com.package.name]

7. Tips for Best Use

- Always enable USB Debugging on the phone before connecting
- Use a good quality USB data cable, not just a charging cable
- Create a folder called ~/adb to keep all pulled data organized
- On a locked phone you can usually only pull files from /sdcard/ (public storage)
- If connection fails, run: adb kill-server && adb start-server